



Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Garlic Aioli

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Baby Spinach Leaves



Sweetcorn



Chicken Thigh



Tex-Mex Spice Blend



Cornflour



Garlic Aioli



Coriander



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me First

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of heat and the fun of Mexican inspired flavours and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to balance with the smokey sweet corn and tomato salsa. It's bound to be a pop-ular dish (okay we're done now).

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
cornflour	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
coriander	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	732kJ (175Cal)
Protein (g)	46.1g	10.6g
Fat, total (g)	24.5g	5.6g
- saturated (g)	7.7g	1.8g
Carbohydrate (g)	86.1g	19.7g
- sugars (g)	7.9g	1.8g
Sodium (mg)	912mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (655Cal)	748kJ (179Cal)
Protein (g)	22.8g	6.2g
Fat, total (g)	22.9g	6.3g
- saturated (g)	7.3g	2g
Carbohydrate (g)	86.9g	23.7g
- sugars (g)	8.8g	2.4g
Sodium (mg)	1466mg	401mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the chicken

- Add **cornflour** and the **plain flour** to the **chicken** and toss to coat.
- Return frying pan to high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, dust off any excess **flour** from **chicken**, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: Return frying pan to medium-high heat, with enough olive oil to coat the base. Cook prawns, tossing, until lightly brown and starting to curl up, 3-4 minutes.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**.
- Drain **sweetcorn**.
- Cut **chicken thigh** into 2cm chunks.

Little cooks: Older kids can help out with the can opener under adult supervision.

5



Toss the salsa

- Meanwhile, to the bowl with the corn, add **tomato**, **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**.
- Season to taste and toss to combine.

Little cooks: Take the lead by tossing the salsa!

3



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine **chicken**, **Tex-Mex spice blend**, a pinch of **salt** and a drizzle of **olive oil** in a second medium bowl. Set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Custom Recipe: If you've upgraded to peeled prawns, pat prawns dry and coat as above.

6



Serve up

- Divide garlic rice and charred corn-tomato salsa between bowls.
- Top with Mexican popcorn chicken and dollop over **garlic aioli**. Tear over **coriander** to serve. Enjoy!

Custom Recipe: Top garlic rice with Mexican popcorn prawns.

Rate your recipe

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